



**The Williamstown
Council on Aging**

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Hours: Mon-Fri, 8-4

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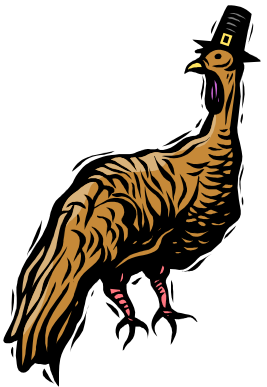
Harper Center Bulletin

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November 2014 Newsletter

So...everybody knows that the Puritans didn't really walk about in dark colors looking quite proper angry and serious like the illustrations we grew up with right? We all know that they actually preferred colors and that sage, orange, and purple were actually a favorite, right? Black? Maybe for a Sunday suit but black would've faded fast and become, what, grey or less black? Anyway, that's your history lesson and I'm sticking to it. For now anyway.



I guess we can say that we have a lot to be thankful for this season. If you're reading these words, that is a start. Others have not been as fortunate. There are lots of opportunities to help our neighbors popping up in the next couple months. Think about it.

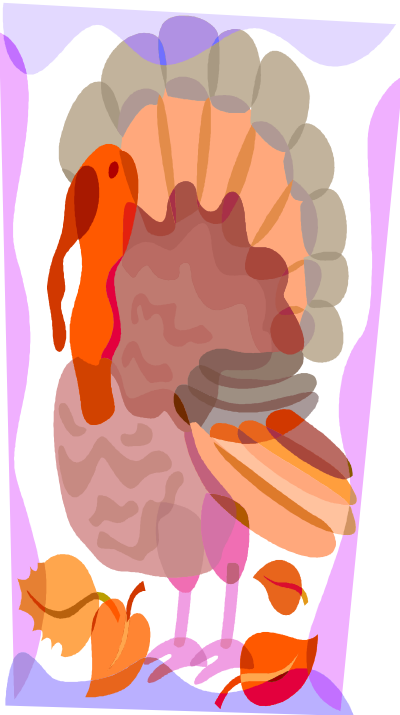
A couple efforts we're going to support in an ongoing manner are the food bank at St. Patrick/ Raphael Church and the warm coat effort we have done with Village. The need for food never goes away, we have an active list of goods needed out there so feel free to bring in your BOGO items for someone who needs it. Coats we'll collect for awhile during the cold months and then stop. We're pretty sure there will be another cause to support when it gets warmer.

Friendship Club and other notes

The monthly meeting of the Friendship Club will be held on Tuesday November 25th at 1:00. You read that right, the 25th, which is the 4th Tuesday. You have been bumped by Veterans Day. It's right before Thanksgiving too, and the BP clinic will happen on that day as well. Busy busy! Now, a change has occurred in the food portion of the meeting. The Club will be making a monthly donation toward food and the COA will put it out at the appropriate time. Usually it will be simple cheese plates with crackers and sweets. That doesn't mean that you can't be more creative with your snacks. Think about it. Finally, the Crafty Seniors will met on two Thursdays this month-check the calendar!

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Turkey



When you see a picture of a Turkey with cranberry, stuffing and sides, what do you think about? Thanksgiving perhaps? Thanksgiving is a marvelous holiday and many of us look forward to the arrival of the bird and all of the fixings on our table each year. That meal has become symbolic of the holiday and supposedly ties us to our Plymouth beginnings. What if you had no way to get that bird and the fixings? You'd call All Saints Episcopal (formerly St. Johns) Church in North Adams and ask them to deliver one. The phone number there is 664.9656 and they'll take your call from 1:30 to 5:00 in the afternoon Monday through Friday until the deadline day Friday the 21st. You could also leave a message on their answering machine with name, number and address. These meals are made possible through the generosity of the NB United Way, volunteers throughout North Berkshire and thanks to Diane Bleau, our faithful every year coordinator. How many years is this ? Fifteen or more?

Lee Jaggi



Lee works for Health New England and is essentially their man in the Berkshires. A whole bunch of y'all will remember him-he was here back in the spring and did the bone density scans here one afternoon. He had great snacks and toys. Remember now?

OK, so he will be here on the 4th to do two presentations on insurance- Medicare, Medicare Advantage, Supplements- remember that it is open enrollment season and information is really important as a tool to help make informed choices. But you all know that right?

Anyway, Lee will bring "stuff" and we'll have pizza at noon! So sign up either here in the usual spot or call us-458.8250.

Thanksgiving crafts



Kira will be in the house on November 20th to lead a group construction of Thanksgiving holiday crafts. She's been away for awhile as MOB held the floor but now it seems that she may be around more often. She's been hired by our friends at Sweetbrook to work in the Admissions Department. I guess that means that she and Jessica will be the Sweetbrook version of the dynamic duo eh?

I digress. Kira has come to us in a couple different jobs at-Interim and Amedisys and now she works in Williamstown. What a great group of people you have to work with! Welcome back!

November 18

Lots of things happen in November, not the least being Thanksgiving. The holiday season starts to build steam and there is an air of celebration building. Oh, yeah, it's getting darker and colder but who cares! Let's have us a party!

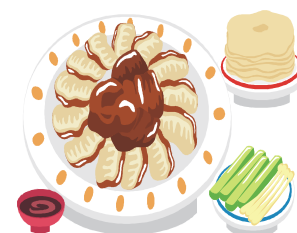
Our good friend Ida Patella from Berkshire Housing has arranged for musician David Malachino to come up and play for us on Tuesday November 18. You guys remember him right? He hasn't been here in awhile but he's a really good singer and guitar player who had a very participatory crowd. Actually-I think that there are pictures of him with a couple of our regulars out there on a wall some place, yes?

So we'll do a cookout in honor of his coming and it may be the last cookout for the year. You never know what will follow...so food from the Barbie at noon-ish, music at 12:30.. See you here!



Food events

November is one of those months when food steps to the fore and becomes a priority issue all over the place and not just here. Another factor becomes time and as days are given to holidays other items slide aside for the moment. In November there will be one breakfast event, on the 14th and since it's a holiday month we can expand on the programming a bit-let have a bigger breakfast and have sautéed peppers and onions to go with our sausage, eggs and toast. OK, home fries too. That work?

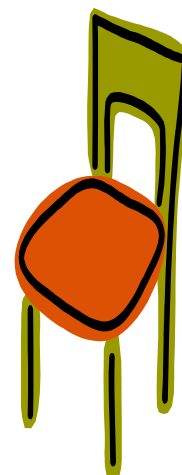


OK, Ice Cream-how about Hot Fudge Sundaes on Thursday the 13th at 12:30?

What do you think about a pie day? We'll vote-check the table!

Hey! No seat saving in here!

OK, two points. Point one: you can't save seats in here. Oh, sure, if you come with your spouse or with someone who's parking the car then feel free to explain that. Otherwise, no, sorry. The seats are first come and first serve, equal opportunity for all. It's just not cool when you tell someone that they cannot sit with you especially if the seat goes unoccupied. No exclusive nonsense right? We eliminated the big tables to lose the institutional feeling and make the joint homier (and no, they're not coming back). That leaves room for four at a table. Point two: Please don't move the tables! When tables are combined, someone gets left out. So the rule is, four to a table and no seat saving. Right? There will be occasions when the tables will be combined-crafts and workshops are brought to mind. But not during meals!





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A few housekeeping items; the Tai Chi class on Monday November 3rd has moved back to 2:30 as the Garden Club will be in the house conducting their annual November session. It's everything plants and I'm sure they wouldn't mind if folks came and participated in the conversation. It starts at 1:00 and will end around 2:30.

The time for the congregate lunch program here at Harper is changing again-we'll be reverting to 11:30 as a serving time. It's kind of like falling back right? That only applies to the Elder Services sponsored lunches, our Tuesday events will remain at noon. Questions?

Tuesday November 4th is Election day and there are a whole bunch of publically elected jobs up for grabs including the Governors office in Massachusetts. Add to that some important questions which must be decided which will have an impact on you in one way or another. Voting is a right and a privilege so get out there and vote. If not, don't complain.

The AARP are looking for a few reliable folks with computer skills and who aren't afraid of numbers to serve as volunteer tax aides for the coming tax season. Training will be provided and you'll get to meet a whole group of good people in the process. Contact us at the Harper Center and we'll connect you with AARP local personnel. 458.8250

Page Four News and Notes

Serena Merrill will be here on Tuesday, November 18 to clip toenails, trim calluses and work wonders with your feet. Her next stop here in Williamstown will be on Tuesday, December 16 and that date is filling fast, so act quickly if you need her!

SHINE Counselor Peggy Jenks will be here on Wednesday morning, November 19 at 10:30 to assist friends with health insurance questions. We are all now aware that it's open enrollment for Medicare plans and an opportunity for those wishing to change their coverage-I can tell you that while appointments for her Wednesday visits are not needed, sessions with her on other days are. She's been busy folks, so think about it. Open enrollment ends on December 7. Should you desire to speak with Peg, we'll be happy to arrange a session, call us here at Harper, 458.8250 and we'll make arrangements.

The monthly Blood Pressure Clinic will be on Tuesday, November 25th at noon. It's Magic Cookie day-and a temporary date change!!!

Finally, Brown Bag for November will be on MONDAY the 24th. Note the changes! This, folks is a temporary state of affairs necessitated by the holiday at the end of the week. Nobody works on Thanksgiving and the following day is an off day for just about everyone. Questions? 458.8250.

